



# 10 Steps to Successful Breastfeeding

- 1** BREASTFEEDING is the preferred method of newborn and infant feeding.
- 2** EMPLOYEES who care for mothers, newborns and infants should receive breastfeeding training within 6 months of employment, with updates provided on a regular basis.
- 3** BREASTFEEDING is presented as the feeding choice for mothers. All mothers will be taught how to breastfeed even if they are separated from their infant.
- 4** MOTHERS are encouraged to breastfeed their newborn within one hour of birth (within 30 minutes is ideal).
- 5** BREASTFEEDING will be assessed within six hours after birth and once per shift.

- 6** NEWBORNS should be given breastmilk substitutes only if it is medically indicated and ordered by the physician or requested by the parent.
- 7** MOTHERS and newborns should be encouraged to room-in unless separation is medically indicated.
- 8** MOTHERS should be encouraged to breastfeed their newborns without restriction. Breastfeeding should take priority over non-emergency events.
- 9** ARTIFICIAL nipples should be discouraged for the healthy newborn.
- 10** BREASTFEEDING mothers should receive support following discharge.



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- American Academy of Pediatrics Section on Breastfeeding
- American College of Obstetricians and Gynecologists
- American Academy of Family Physicians
- Academy of Breastfeeding Medicine
- World Health Organization
- United Nations Children's Fund

and many other health organizations recommend exclusive breastfeeding for the first 6 months of life.

For more information on the Texas Ten Step Program please visit our website at <http://www.dshs.state.tx.us/wichd/lactate/txfact.shtm> or call (512) 341-4400.

For more information on breastfeeding trainings visit our website at [www.dshs.state.tx.us/wichd/lactate/courses.shtm](http://www.dshs.state.tx.us/wichd/lactate/courses.shtm)



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